

Course covers all of the following topics:

- Course is OSHA-compliant
- Intro to OSHA Inspections & Citations
- Case Studies of Fatalities in SC
- Definitions in Standard
- SC OSHA's definition of "Competent Person"
- Competent Person student exercise
- Underground Installations
- Stability of Adjacent Structures Access & Egress
- Exposure to Vehicular Traffic
- Surface Encumbrances
- Exposure to Falling Loads
- Warning System for Mobile Equipment
- Hazards Associated with Water Accumulation
- Protection of Employees from Loose Rock and Soil
- Inspections
- Fall Protection
- Hazardous Atmospheres
- Barricades and Traffic Hazards
- Soil Mechanics-Type A, B, & C Soil
- Soil Analysis with Hands-on Soil Testing with Pocket Penetrometer
- Protective Systems-Sloping, Trench Boxes, Hydraulic Shoring - Use, Advantages & Disadvantages of Each
- Calculating Sloping Distances for Each Type of Soil
- Rescue
- Student Quiz-Pre and Post

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This is a One Day Training Program and can be delivered at your site or through Regional Training Classes

- The Training class is 7 hours and can be delivered at your site for groups of 15 or more or you may attend a class in your area. Class maximum is 30 students.
- Soil samples and manual soil test pocket penetrometers are provided.
- Course meets S.C. OSHA's requirements of Trenching & Excavation Competent Person.

What the Student Receives

- A workbook that contains a copy of the OSHA Trench Standard, a copy of the handout PowerPoint presentation, fatality case studies, and a course completion pocket card qualifying him as a "Competent Person."

Get Started with Safety NOW- Download an OSHA Trench Inspection Form

- Visit our webpage at www.frosttraining.com and click the link to download an OSHA Trench Inspection form and start using this to help your safety program today!



Retraining, Refresher, and Other Training Classes & OSHA-Compliant Written Programs are Offered

- Frost Training & Consulting, LLC offers retraining and refresher classes for those looking to update their qualifications as a "Competent Person."
- Other OSHA training classes such as Permit-required confined space Entrant and Attendant training, General Industry 10 hour classes, among others are also offered. See our web page for a complete list of classes we can deliver at your site.
- OSHA-compliant Written Programs are also offered that are based on your site-specific needs, not just generic programs copied from others that don't help you or meet OSHA requirements.

ABOUT US

Frost Training & Consulting, LLC was formed in April, 2006 by Billy Frost, who retired from S.C. OSHA as an OSHA Trainer, and is located in Lexington, S.C. Frost Training & Consulting primarily works with city and county government employers and has extensive experience with helping them meet their safety needs.

Some of our Clients Include:

- Municipal Association of S.C.
- S.C. Association of Counties
- Joint Municipal Water & Sewer Commission
- City of Aiken
- City of Cayce
- City & County of Lancaster
- City of Columbia
- Clemson University LTAP Program
- City of Spartanburg
- City of Lexington
- Bamberg DPU
- City of Anderson
- City of Georgetown
- City of Rock Hill
- Summerville CPW

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TRENCHING & EXCAVATION COMPETENT PERSON TRAINING



Trenches Kill!



DID YOU KNOW OSHA REQUIRES?

- Employers who work in or around trenches to train all employees and have a trained “competent person” on site and in charge of the trench?
- The Competent Person to classify the Type of Soil before selecting the type of protective system thru a manual test
- An Inspection to be conducted by the Competent Person of the trench?
- OSHA requires a protective system to be used for trenches 5 feet or deeper and less than 5 feet if a potential for collapse exists?
- SC OSHA has classified Trenching as a Program of Special Emphasis and is increasing Enforcement efforts?

SC OSHA's Definition of a "Competent Person" for Trenching & Excavation is:

SC OSHA Requires the Competent Person to be:

- *Capable of identifying existing & predictable hazards*
- *Working conditions which are unsanitary, hazardous, or dangerous to employees*
- *Authorized to take prompt corrective measures to eliminate hazards*
- *To Be a Competent Person in South Carolina, one must have had specific training in, and be knowledgeable about....*
- **SOIL ANALYSIS**
- **THE USE OF PROTECTIVE SYSTEMS**
- **THE REQUIREMENTS OF THIS STANDARD (1926.650 THROUGH .652)**